

Welcome!

3/7/22

I am Coach Rooney, Head Boys/Girls Track & Field Coach. My coaching focus is on mid-long distance. I've been affiliated with TPS for 23 years as my 4 daughters attended Prairie and all were student athletes. So I really do get the balancing act of academics, athletics, friends and family. I've been coaching for 10 years and I am excited to have another fun year filled with PR's on the track and personal growth off the track.

At this time, I will introduce the Assistant Coaches who are instrumental to our team as T & F is organized chaos with many moving parts.

Coach Mike- our throws Coach started in 2021. You may have seen practicing his craft at the outdoor throwing circle trying to throw the discus just a little farther .... one is never too young or old to chase that personal record.

Coach Hicks - sprints - this is his fourth year at Prairie and he had a lot of success with his girls last season. The girls 4x100 and 4x200 relay teams competed at State as well as Camden placing 3rd at State in the 100M. He is looking to get both boys and girls to State this season.

Coach Graham will also be starting his 7th year as our jumps coach. In 2019, he took a senior to State in each one of his events....long jump, triple jump, and high jump.

But even with this awesome coaching staff we cannot perform miracles! I personally believe 50% is training and the other 50% is showing up, having a positive attitude, getting adequate sleep, fuel/hydration, a proper warmup to maximize productivity of the entire training workout and cooldown to aid in recovery, and yes even wearing running shoes to practice. Parents, if you can help us with this, we would be so grateful. Speaking of fuel and hydration...it is very difficult to do a track workout if you skip breakfast. Even if you have breakfast and lunch, it would be smart to get a healthy snack around 2:00 - 2:30.

Practices are mandatory Mon. - Sat. If one has to miss practice, it is the athletes' responsibility to communicate via email(kathroons@gmail.com) before track practice begins.

Team parent - Jody Lopez will be emailing on Sunday evenings the weekly update. Please read as there is valuable information. We may have opportunities for parents to volunteer at our end of the season banquet. That information will come out in the middle/late season in an email.

Athletes will need to transport themselves to and from meets. Buses are only available on Saturdays. So we will have bus transportation for our first outdoor meet Sat. 4/9.

Looking forward to working with this team that is packed with seniors!!

Coach Rooney